

SERENDIPITY

ENGLISH

APRIL 1981 VOLUME X, NO. 3

\$1.00

*Presenting The Living Light philosophy and
features of interest to spiritually-minded people.*

Serenity

Sentinel

VOLUME X, NO. 3

APRIL 1981

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Published monthly by SERENITY

P. O. Box 137, Forest Knolls, CA 94933

Editorial Dept.: Richard P. Goodwin/Editor

Ass't Editors: M. Bostwick & Britt Toquinto

Rates: \$1 a copy, \$11 a year



Questions and Answers

by Richard P. Goodwin

QUESTION: Man is his own enemy, dog his friend. Would you please comment on our contemporary relationship to the nine levels of awareness?

ANSWER: Well, in reference to our understanding of the nine levels of awareness, or levels of consciousness, we understand that man, this divine spark within him, which is formless and free, is expressing through several bodies here and now. We are consciously aware of our physical body. We are also consciously aware of our emotional and mental body. Some of us are aware of our spiritual body; a few are aware of our cosmic body and our universal body, and etc. As man makes the effort to become aware of the motivating force within him, then he will slowly but surely become aware of these different levels of consciousness and more aware of these bodies through which he is expressing. We understand that our spiritual body, as so our mental body, is garnered up from the mental substance, and

QUESTIONS & ANSWERS

our spiritual body is garnered up from spiritual substance. We do not automatically, when we enter this earth realm, automatically have all of these bodies in full motion or action. We enter this earth plane and slowly but surely we see the physical body that we have entered into, it gradually grows and matures ever in keeping with the mental body as it makes its imprint upon the physical substance.

Now in reference to the question which should be, "a dog is man's best friend," we are not speaking exclusively of the form of the animal. We are speaking in that reference of the attributes of the animal. Unfortunately, for many centuries so many have thought that the only form on the planet that has a soul or the spirit expressing through it is the two-legged form. As we broaden our horizons and we take control of the judgments that we have made by awakening our own faculty of reason, we can clearly see that the soul, the individualized soul, is not limited to the two-legged animal species known as man. As we make that awakening within ourself, we open the doors to communication, and through communication we gain a broader understanding, for without communication, there is no understanding.

QUESTION: Please comment on the dieting responsibility to the soul.

ANSWER: I have never been aware of a dictate by any soul concerning what diet one should have or have not. When we find ourself dissatisfied with the experiences that we encounter in life, which are of course the effects of our own judgments, then we justify, and unfortunately oftentimes
(continued page 5)

A WANDERER *in the* SPIRIT LANDS

by Franchezzo

MATERIALIZATION OF SPIRITS

CHAPTER XXX.

Continued from last issue--

"The human race is advancing eternally, and the tutelage of the child is no longer adapted to the growing youth. He demands freedom, and will break from the leading strings altogether unless their tension is relaxed, and he is suffered to wander in the pathways of knowledge to the utmost of his powers. Is it not well, then, that those who are as the sages of the race should respond to this thirst for light and knowledge by giving, through every channel and avenue which can be opened, the wisdom of the ages in such form as may make it the most easily comprehended? This planet is but a speck in the universe. What it knows is only such a speck of the universal knowledge as is adapted to its state, and each hour requires that the expansion of the human mind shall be met by the expansion of its creeds and its resources, by the pouring in of fresh streams of light, not the suppressing of the old lest it should be too strong for the sight."

WHY THE SPHERES ARE INVISIBLE Spirit Photographs

CHAPTER XXXI.

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QUESTIONS & ANSWERS

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with a so-called spiritual justification, our reason for making changes. We know deep within ourselves what is right for us. But because we know deep within us what is right for us, we must never forget the right of all. For it is surely an error of ignorance when we awaken our conscious conscience within, when we awaken that, and do not demonstrate the soul faculty of duty, gratitude, and tolerance for each and every other individual in the universe. I am not aware of any particular diet or system that awakens the soul within. It is indeed very individual to each and every person. For our soul has entered earth along the evolutionary path, and we have all come to this earth with many, many differing experiences from our past incarnations in other worlds, in other spheres, and other planets. What is right for one does not by its right for the individual guarantee in any way that it be right for all.

QUESTION: Have people who are born into rich, money-wise families earned this richness somewhere else? Or do they choose to simply be born into richness, to experience richness in this lifetime?

ANSWER: Well, I'm sure that we would all agree that if it was a matter of choice, then we would all be rich, so to speak. But, this matter of choice, you see, we all have this ten percent free-will called choice. Once we have exercised that free-will in anything called choice, then we must follow, we must follow the choice that we have made, for we establish a law, as man is a law unto himself. It is my understanding that whether we find ourselves in wealth or poverty
(continued page 7)

Visitors' Views

"It felt very loving. Thank you." -- P.

"I was greatly impressed by the directness and accuracy; getting to the heart of the matter--and the beautiful waltzes--encouragement, hope, comradeship. I plan to be a regular member!" -- D.H.

"Very unique experience and method of presentation. It's been very intriguing and leaves much to be explored. It was worth looking into."

"I enjoyed the readings and the philosophy of life. Thank you."

"I feel Serenity was very needed by me. I certainly enjoy the services--feel I can go on and look to better things--hopefully help others too. I thank you with all my heart and soul for your help and fellowship." --C.

"Sincerely grateful for having the opportunity to participate in today's service." --M.H.

"I like the approach to life with humor. We are responsible for what we create. Great. Will be back--came late so wasn't able to participate." --J.W.

QUESTIONS & ANSWERS

continued from page 5

is an effect of a choice made, not to experience wealth or poverty per se, but it is an effect of our own merit, that we have merited making that particular choice. For example, we walk down the street and we choose, we look in the stores, and we choose to purchase something, or we choose not to purchase it. But what is it within us that prompts us to make that so-called free-will choice? That ten percent free-will choice, what prompts us to make that choice? Why, it's very simple, my friends, it is the ninety percent law of cause and effect, of the experiences of our past and we have judged them that prompts us to make the ten percent free-will choice. Now, I don't mean to imply predestination, but I do mean to perhaps broaden our horizon on so-called free-will.

QUESTION: Please give your understanding of the saying in the Serenity game, "It is better to have no shoes and have understanding than to have shoes and return with them to the elements."

ANSWER: Yes, my friends, of what benefit is it to have shoes for feet that no longer serve their purpose? Now we know, all of us really know, that without understanding there is no purpose to life. Without understanding there is no purpose to life. For God, the Infinite, Divine, Intelligent Being, is ever equal to our understanding. So without understanding we do not have the sustenance for life itself, and because we all have and demonstrate moment by moment this sustenance of life, we all do have some degree of understanding. Now, we may talk with another and it may be

(continued page 9)

Views

Our Heavenly ^{of} Home

by Andrew Jackson Davis

Chapter XI.

REMARKABLE PLACES IN THE SUMMERLAND

Continued from last issue--

I will answer the question: Because only the pure in heart shall "see God!" The violent, the impatient, the impure are blind and dumb and ashamed; although they may stand in His very presence, they behold and enjoy nothing.

And you, oh unhappily insane! why do you, too, enter the Vale of Aaron? Ah, you did not know whither you drifted with your guardians when you left the earth. You came hither to gather a foretaste of the secrets of harmony, did you not? Discords, operating upon a law of their own, have driven you into a heavily shrouded experience. All thoughts of ill, all evil deeds, which you of necessity now have in memory, must be displaced and eradicated. By slow degrees you may be able to lift your eyes to see the soft light of the summery mountains; and, after a period, you lift them toward the starry skies above you; and thus begin to learn the pathways of purity, and finally to obtain a conception of the gloriousness of

QUESTIONS & ANSWERS

continued from page 7

the judgment of another that to them we have no understanding at all, only because it does not appear to be in harmony with what they judge is their understanding. But we all do have, and we all do express to some degree the soul faculty of understanding.

QUESTION: What is meant by universal consciousness?

ANSWER: Universal consciousness very simply means a universality in our own acceptance. Now our own world is ever dependent upon our acceptance. Our reality in life is what we create. We can't blame God for our reality for we have that so-called free choice, and moment by moment we establish our reality. And because it is our own personal responsibility, our reality, our reality is the effect of our own acceptance, it is the effect of our own belief. And so it is stated in this philosophy, that "truth is individually perceived," truth is not individual, it is only individually perceived.

QUESTION: Don't souls really know when they are about to pass? Isn't this knowledge available in sleep?

ANSWER: The knowledge, the awareness, is available, of course, to all of us, for our soul knows not only how long in years the journey will be on this planet, or the planets yet to be, but it is a matter of stilling our own mind in order that we can become conscious in our mental world of that simple truth. When you ask a person to concentrate upon anything, the usual answer
(continued page 24)

Invocation

Thank Thee, Oh God, for Love Divine
May it always from us shine.

Reading

Being right is such a waste of time. So often we spin with our minds into a cycle of having to be right about everything. It is our pride that blots out our consideration of another's point of view, another's right to express. It is our judgment that if another is right then we must be wrong, and our fear of losing control over a situation that stops us from changing our fixed positions. When we are using our soul faculty of consideration, we consider other's points of view and we do not have to be "right," for what is right to one is not right to another. The Living Light philosophy teaches that Total Consideration is Divine Love. When we have Total Consideration expressing, we consider all factors and our mind no longer has a need to "be right." Our little souls are not concerned with rightness for they already know what is true, they already know what we must do--and they just wait for a moment sublime, when they can express the Divine.

Benediction

God, help us to love each other
As much as we say we love Thee.

Today's View of Past Frontiers

ISAAC POST

Article taken from CENTENNIAL BOOK OF
MODERN SPIRITUALISM IN AMERICA

Isaac Post born February 26, 1798 at Westbury, Long Island, New York, grew up in the Quaker Religion. He was a pioneer in anti-slavery reform, so he and his wife, Amy, who was a close friend of Susan B. Anthony, resigned from the Quakers as they felt membership in this Society interfered with their activity as abolitionists. In 1848, the Fox Sisters convinced him of the truth of their manifestations. He and his wife, with three others, were among the earliest converts and the first to meet regularly at the Fox home. These five and especially Post, did more, perhaps, than any other single group toward furthering the Spiritualist Movement, giving the Fox Sisters advice and protecting them from bodily harm.

He became known as an Automatic-Writing Medium and in 1852 published a book entitled, "Voices From The Spirit World, Being Communications From Many Spirits, By The Hand Of Isaac Post, Medium." The introduction of this volume purported to be from the spirit of Benjamin Franklin, and about forty "communications" from distinguished people including Washington, Jefferson, Elias Hicks, Calhoun, Margaret Fuller, Swedenborg, Daniel O'Connell, Voltaire, William Penn and George Fox, a group that indicates the type and range of Post's interests.

Widely known, he was respected by friend and foe alike because of his staunch
(continued page 24)

NEWS and VIEWS

by Beverly Houser*

In a book by Gerald Jampolsky, M. D., entitled "Love is Letting Go of Fear," Dr. Jampolsky sets out methods to experience "a life of giving and love, and away from a life of getting and fear." A practitioner in the field of psychiatry, Dr. Jampolsky believes that peace can only be experienced in "this instant," and that when we put all of our attention upon giving without any desire to gain or to change another, we will experience peace of mind, a sense of inner peace, and a joy that is unrelated to time. He suggests that "we can have a single goal of peace of mind and a single function of practicing forgiveness, and our fulfillment can come from listening to the voice of our inner teacher." According to Dr. Jampolsky, "in so doing, we can learn to heal our relationships, experience peace of mind, and let go of fear."

In the foreword of the book, is a beautiful story about a man who finished his life and went before God. After God reviewed the man's life, God asked him if he had anything to ask. The man said, "While you were showing me my life, I noticed that when the times were pleasant there were two sets of footprints, and I knew you walked beside me--but when times were difficult there was only one set of footprints--why Father, did you desert me during the difficult times? God answered, "You misinterpret, my son. It is true that when the times were pleasant I walked beside you and pointed out the way. But when the times were difficult, I carried you."

□

POET'S PEN

WARNING

It's very hard sometimes to see
Just how dangerous thoughts can be
But they should be labeled with a
warning
"These thoughts are harmful to your
health"
Or "caution: these thoughts will affect
your wealth"
Perhaps if we really accepted
responsibility
Then we would know--
That every fear begets the feared
That every doubt--the doubted
That everytime we blame another
Blamed are we.
Maybe if we started to listen
To our thoughts we'd see
That we created our reality.

- Beverly Houser

WHENEVER

Whenever you are free
You can see
Laws in motion constantly
Laws that bring back to you
Whatever it is your mind went through
Whatever it is that you think and do
Always returns unto you.
But that you only will see
Whenever you are free.

- Beverly Houser

The Strange Story of

by Anita Silvani

AHRINZIMAN

CHAPTER XII

HOW DEATH IS POSSIBLE EVEN IN HELL; MANSUR'S FATE

Continued from last issue--

He stamped his foot, and instantly six savage tigers rose through the ground and rushed at me. But I pointed at them my finger, whereon there rested the point of the little wand, and they crouched down before me, growling but submissive, watching me as a cat watches a bird, yet not daring to advance one step. In vain did the dark spirits crowd round and goad them on. In vain did they strive to reach me themselves. A wall seemed to surround me like a ring, and while I kept my determination, and held fast by the wand, none could pass. They hurled themselves at me; they flung spears; they tried to float above me and drop huge stones and masses of burning metal. The demoniacal spectators literally yelled with joy and excitement at the unexpected sport. Multitude after multitude of the Dark Angel's followers gathered round me, and above me, and sought to break through the mystic ring and tear me to pieces. Hordes of wild beasts, and men as savage, gathered from all sides, and it required all the power of my will to hold them at bay and retain my grasp of the wonderful wand. But the taunting words of

THE STRANGE STORY OF AHRINZIMAN

the Dark Angel had aroused the spirit of the warrior within me, and I felt that I hurled defiance at his head every time he sought to beat down my determination with his own.

In a voice hoarse with passion, he called for legion upon legion of his dark hosts, and against them all the invisible ring around me remained impregnable.

Suddenly a thought struck the Dark Angel, and with a fearful cry of rage he called for the unfortunate Mansur to be brought before him.

"Vile Caitiff!" he cried, "this is thy doing! Thou hast given unto this man some secret power that enables him to defy me thus. I cannot discern what it is, for a light like unto a diamond Star cometh ever between us, but I know that from thine hand the gift has come. It is thou, traitor, who hath dealt me this blow, and thus do I reward thee: let thy body be torn limb from limb by these creatures that thy pupil yonder doth defy, and may thy wretched carcass be strewn as dust over this dark plain, for thou art no longer fit to serve me."

The unfortunate Mansur, who had been whirled into the presence of his Master by the violence of the will that summoned him, cast one despairing glance at me, and uttered one sharp cry of horror. The next instant he was engulfed in the awful sea of diabolical beings, and ere I could collect my thoughts, or make one effort to save him, he was literally torn into a thousand pieces before mine eyes, the horrible creatures who had slain him fighting with each other over every fragment. I tried to rush to his rescue, and I held out the potent wand before me to try to clear a passage, but it

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*Dictionary
of*

The Living Light Philosophy



B eauty is the "smile of God."

H umility is a beautiful faculty that views through the law of total acceptance. It is the love of all the universes. And he who awakens his faculty of humility stands in the universe poised before the God of Gods.

R epentance. A person cannot have a feeling of contrition of an act or a thought that they have already expressed unless they review it. Many people repent or think that they do so that they feel better. That is to help free them from their guilt complex concerning any particular experience. Repentance is of no great value unless the individual truly makes an effort to make the changes necessary.

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was all over in a moment before I could advance more than a step, and the only effect of my agitated effort was to break the spell around myself, and leave me for the moment defenseless.

Before the dreadful devils who had destroyed Mansur could take advantage of this, however, the Dark Angel with the Green Star interposed on my behalf, and proposed to his companion that they should try their skill at chess, in order to decide who was to dispose of me.

"Behold, this man hath made a good fight," said he. "He hath qualities not unworthy of a foe's steel. I will play thee for his Soul, and if I win thou shalt hand him over to serve me."

"Nay, he shall be my slave; he shall labor in the depths of this earth sphere till that haughty spirit which defied even my power be broken, and he owns me as Master. I will not play thee for him," replied the still furious Angel of the Red Star.

The other fixed his steely eyes upon his companion's face, and said: "Thou dost forget. His vow was to serve thee as a soldier, not as a slave. I pray thee reconsider thy determination not to play for him, for thou canst not enslave him, thou canst only make him serve thee as a soldier serves. He belongs not to thy Kingdom, save in as much as he voluntarily sold himself to thee: thou canst but claim the measure of thy bargain from him."

The Angel of the Red Star rose from his seat once more, and casting down what looked to me like his javelin at the feet of the Angel of the Green Star, he cried out:

"Be it so! Since thou hast thought fit to
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THE
P E N E T R A L I A

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

by Andrew Jackson Davis

QUESTIONS ON THE MYTHS OF MODERN THEOLOGY

Continued from last issue--

John's gospel, on the other hand, as there is much evidence to show, was written for the catechumens of the Ephesian Church, by a presbyter or living elder of that Church, and not by the alleged apostle. This Ephesian presbyter--entertaining many of the doctrines taught by Plato, and afterward by the Essenes--assumed to be an apostle, in order to give a more lively impression of the supposed divine character of the Nazarene. He, therefore, justified himself with the invention of facts in the history of Jesus, because his sole purpose was to glorify him, as the master of men, and Son of god. (This view is in part corroborated by the historical concessions of Dr. Moshiem.) He did this with no evil conscience on his own part, for it was not his purpose to impress upon his young pupils so much what Jesus did, as what Jesus was--a magnification of the individual (so common to all affectionate and poetic devotees) above the common attributes and ways of the earth's inhabitants. In short, the gospels were, as he thinks, the Sunday-school books of the early Church; which sported with the facts of Jesus's real life, as our modern religious tales, written by conscientious

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question the limits of my power we will even play our game for this man's body; for his Soul thou thyself doth say we cannot play, but for the possession of his body, and for the right to such service as he can be forced to give, we will even play. Let the one who wins take him, and then let us fight, not with these paltry toys in mere sport, but in deadly earnest, that we may test whether thou or I are the stronger Angel here; whether I shall take instruction from thee as to what I can do, or whether thou shalt learn to keep silence when I have issued my decrees."

The other Spirit frowned angrily, as he stooped to pick up the gage, then thrusting his own javelin into the head of the bronze figure of a winged beast which supported the throne of the Angel of the fiery Star, he said:

"Let my weapon rest there till I come as a Conqueror over thee, to pluck thee from thy seat, and teach thee that thou dost not reign as the sole King of Hell."

The fiery Crown of the Angel addressed seemed to glow like a circlet of white-hot steel, and dart out its flames like arrows to stab the other while he spoke, but he himself said nothing, but only signed with the old haughty majesty of manner to his foe to seat himself again to begin their game.

CHAPTER XIII

THE BATTLE AND MY FATE; THE SECOND DEATH

I shall not enter into all the details of the game the two Dark Angels played, as each contended with almost equal skill. At last a slight chance decided the contest in
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A Guide to Mediumship

and psychical unfoldment

E. W. & M. H. Wallis

Chapter VII.

SOME IMPORTANT CONSIDERATIONS

Continued from last issue--

To be a successful public medium you will need to live for it, and devote your time and thought to the duties of your office just the same as does the artist, author, lawyer, doctor, and preacher, and like them, you are justified in living by it.

All experience goes to show that mediumship should be sought for the good that it can do in many ways when unselfishly used, and those who possess it should seek to improve and perfect it by studying and obeying its laws, and by earnest self-culture, physically, morally and spiritually. Be good, so as to get good, with which to do good.

True mediumship leads to the development of a strong character; to healthy, harmonious and rational manhood and womanhood; and true sensitiveness leads to sensibility and to a rational, intelligent, and religious life. Nothing of real value can be obtained without effort or costly sacrifice. But is not the attainment of communion with wise and loving spirits an adequate inducement to you, apart from the

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favor of the Angel of the Green Star.

While the game was in progress I had remained unmolested at the foot of the steps leading up to the throne, while the enormous mass of horrible spirits who had torn my poor friend Mansur to pieces, hung like a cloud of evil vultures around me.

The moment the contest was decided a yell of disappointment and rage rent the air, and the Arena was invaded from all sides by dark spirits, eager to take part in the approaching battle.

With a gesture of haughty contempt the defeated Angel signed to me to take my place under the banner of my new commander, who was already summoning around him his own army of followers. They were easily distinguished from the followers of the Dark Angel of the Red Star, for each spirit bore a spark of green light like the Star worn by their King, while those who followed the Angel of the Blood Red Star carried little sparks of crimson light.

As the Angels parted with looks of hatred and defiance, I saw two magnificent winged horses appear for them to ride, the size of the wings symbolizing the all-soaring ambition of their riders.

When the two leaders had mounted these singular steeds a troop of horses, also winged but with much smaller wings, were led out, and upon them were mounted the different generals of both sides. Only one horse had no rider, and to my surprise it was led up to me, and I was directed by my new Master to mount upon its back.

"Thou hast an ambition to be a leader as great as are any of us," said he. "Take then this winged steed and see that thou fight for me in a fashion worthy of the gift."

(continued next issue)



Discourses

from

The Spirit World

Dictated by Stephen Olin through Rev. R. P. Wilson, 1853

DISCOURSE IX

THE TRIUMPH OF TRUTH

Continued from last issue--

If a man is moved by fear, he will preach fear to others as a motive influence. Mankind should fear to do wrong or violate the laws of their existence, and for the simple reason that this violation will hinder the progress of their spiritual natures. God does not claim the fears, but the loves of his offspring; and as man becomes acquainted with his fellow-man, and with the nature of his Divine Author, he will be the more attracted toward both. "Perfect love casteth out all fear."

Truth will ultimately triumph over all error, as knowledge will consume ignorance. Opposition to natural and eternal principles will cease, and man will seek the true and the good, that these principles may be applied to the advancement of the race and to the manifestation of God's glory on the earth. Previous to this happy period, however, the opposite forces of Truth and Error, Light and Darkness, Wisdom and Folly, Hope and Despair, will be arrayed in mighty conflict. Already are the hosts of these opposing forces rushing together and mingling their weapons upon the field of

strife. In this vast conflict the enemies of Truth neutralize each other's power in striving for victory of ephemeral duration; while upon the white banner of Truth's valiant hosts is inscribed a peaceful campaign and universal freedom! The conflict goes forward. Ignorance, fond of the darkness in which error was conceived, begins to yield in high places. Gradually the din of strife subsides--peace divides her banner to all nations--war is studied as an art no more. The golden chain of friendship binds the nations of the earth together. Victory is proclaimed, and heaven echoes back the sound of triumph in songs of celestial joy.

DISCOURSE X

PROGRESSION

"In my Father's house are many mansions."
- Jesus

The unbounded universe is God's Temple, visible and invisible. His love expands, and holds in its all-embracing grasp, the being and destinies of all things, while His Omnific energy permeates every atom in immensity, and actuates to a higher life the whole realm of animated being. From the unfathomable depths of his own nature, the Divine Being causes an influence to descend to man's interior and essential life, from whence are evolved aspirations of spiritual and celestial desires. These aspirations are met by harmonizing and unfolding influences that elevate the soul to a larger growth, and to a more advanced state of progression and enjoyment.

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QUESTIONS & ANSWERS

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is they have such a great struggle because they cannot hold their attention to one thing until they perceive the essence of it. That simply reveals that effort to self-discipline of the mind is yet to be truly made. We cannot be aware consciously in our mental world of this soul, which is our true being, until we still the mental activity. And when that happens, which is known as peace, the power of the universe, we see, is not something outside of our universe, it is something that we are in. We are in the universe, we are inseparable therefore from it. It is only when we deny the basic law of survival that we enter the realms of illusion and delusion and believe that God, or the cause of anything is outside of our universe. And so by first accepting the first law of survival, the law of personal responsibility, do we start upon the path of inner awakening and we know beyond a shadow of any doubt why we are here, what we have to do, how long we will be here, and in what way will we leave.

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TODAY'S VIEW OF PAST FRONTIERS

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personal qualities even if his ideas and reforms were unpopular.

Isaac Post, a great asset to Spiritualism in its very earliest days, went Home May 9, 1872. □



DIVINE HEALING PRAYER

I accept that the Divine Healing Power
Is removing all obstructions
From my mind and body
And is restoring me to perfect
Health, wealth and happiness.
My heart is filled with gratitude
For the Divine Law of Acceptance
That is healing both present and absent ones
Who are in need of help.
Peace, the power that healeth,
Is guiding my thoughts, acts and deeds,
As God and I go hand in hand
Living a life of joyful abundance.



VIEWS OF OUR HEAVENLY HOME

continued from page 8

a divine existence. Eternity is nothing to you now or hereafter; your internal state is the all in all.

But O suicide! and O ye insane! answer me: Why do you not rest in the beautiful land beyond the tomb? Why are you not "at home" in the very lovely Home of the Angels? Why are you so chilly where eternal summer boundlessly reigns? Why do you not dwell with profound contentment in the balmy fields of God's Elysian? Why do you seek to retire from the habitations of the beautiful maidens? and why shrink from the touch of the youthful men of the material heavens? Ah, you do not answer. But, instead, you break through the barriers of good manners, and hasten away back to earth. To your old earthly haunts, to the friends you left behind, you eagerly desire to manifest yourself. With burning eyes, with quivering lips, with the trembling hand of friendship--thus you present yourself. Now, why did you wander impatiently back to earth? For you I will answer: Because your work was not finished! Because your life had not truly blossomed with the fulness of such terrestrial experiences as were in your own natural pathway. Remember! only the full-grown human life is happy after death. Here we behold the secret of your burning unrest. Let this lesson never forsake you. Be ye forever faithful.

* * * Our observations for today must here be terminated.

(continued next issue)

Reward tempts the ego, while the soul waits to serve.

-- The Wise One

Spiritual Healing

by Howard Lazar*

In The Living Light philosophy, much emphasis has been given to helping ourselves by helping others. We are the ones who truly benefit because, as the law reveals, "God helps those who help themselves by helping others."

How does this work?

When it seems we can go no further, our judgment of how tough things are stands in the way of any new and positive experience about to enter our life. We have judged that for us, health, wealth, or happiness has moved past us to someone perhaps luckier. We have chosen to believe in this judgment--we identify with this mental state of disillusionment--because it relieves us of having to make effort to appreciate life. So steeped are we in this judgment of self-pity that we are unable to comprehend that life "is ever as we are within." The sadness is that when we stop greeting each day, the day, it seems, stops greeting us.

But never are we left without choice. "Like the hands of a clock," says The Living Light, "opportunity strikes every so often"--and so it is that God inevitably places the "right person" or situation on our path as a means for us to forget our plight and to reach out and offer assistance. Since energy follows attention, the energy flowing through us is redirected from our problems to helping someone or something else. Having been deprived of energy, our problems cannot long survive. They are soon replaced with the healing balm of love born out of an act of consideration --the consideration of someone or something outside of ourself. □

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pleasure incidental to the progressive harmonization of both mind and body?

There is, we believe, a continual influx from the other side. Many people, who are externally oblivious of the fact, are undoubtedly frequently impelled and compelled to certain courses of conduct by spirits. Artistic, sensitive persons--teachers, preachers, authors, composers, inventors--aye, most people who feel and see and are awake on the interior side of their nature--are the instruments for expressing the thoughts and purposes of inspirers from the spirit side to an extent which will astonish most of us when we learn the truth 'over there.'

It is, perhaps, only our density and our unconsciously materialistic modes of thought that make it necessary for us to require 'control,' and demand sensuous or other 'test' evidences of the association and influence of spirit people. Spirit speaks to spirit, and true 'spirit-communion' (or community of feeling and purpose, thought and desire) has yet to be achieved. Some few sweet, serene, spiritually-minded souls have possibly entered into this realm, but the bulk of the race are still on the exterior, and are largely children of the senses rather than the spirit. We shall, however, deal with the voluntary and personal cultivation of psychic powers in the concluding portion of this work (Part III.), to which we refer the reader. There is no need to extol mediumship at the expense of psychical self-development, or to uphold personal and conscious unfoldment and deprecate mediumistic culture, for the one frequently leads to, and merges into, the other.

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continued from page 4

"And now, Hassein, there is another point I wish to ask you about. I have frequently heard men on earth say they want to know, if the spheres exist around the earth and between them and the sun, why it is that all men cannot see them, and why they cannot even see those spirits who are said to be actually in the room with them. Naturally, men are not all satisfied to be told simply that it is because they are not clairvoyants, and have not the soul-sight. They want a still clearer explanation. I am a spirit myself and I know that I exist, and so does my dwelling-place, but I am unable to give an answer to the question. Can you do so?"

Hassein laughed. "I could give a dozen elaborate explanations, but neither you nor these mortals who are unable to see the spirits would be much wiser after I had done so. I must, therefore, endeavor to make my answer as free from technicalities as I can. First, though, let me ask if you have seen the photographs of unmaterialized spirits which have been obtained by certain mediums in the flesh. You will have noticed that to mortal sight they present a semi-transparent appearance. The material doors and windows, furniture, etc., show through the figures of the spirits.

"Now that gives you a very good idea of the amount of materiality possessed by an astral body (the first degree of spiritualized matter). The material particles are spread so thinly that they are like a fine net-work united by invisible atoms of a more etherealized nature -- so sublimated in fact that they cannot be impressed upon the most sensitive plates now used by photographers. Spirits after they

(continued page 32)

Serenity Students

by Patricia Graves*

In The Living Light philosophy it is taught through demonstration, indirection and example, to guard our thoughts, for what we permit our mind to entertain in thought we become. We become the living demonstration of our personal acceptance of life and experience in life what we ourselves have granted unto ourselves. This philosophy teaches and demonstrates that we are solely responsible for every experience we encounter in life, for at sometime in our consciousness we have accepted the possibility of something happening to us, and, therefore, being responsible for our thoughts, we have these experiences in our life. Whatever we think we create for ourselves, so whatever our life's experiences are, we are the creators of them. Therefore, no other person, thing, or place is to blame for experiences we judge to be unpleasant. □

Editor's Note -- The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.*

A WANDERER IN THE SPIRIT LANDS

continued from page 30

leave the earth plane cannot be photographed by the plates now in use--they do not possess gross enough atoms in the composition of their bodies, and have therefore to either materialize a body like an earthly one, or they may use another method which has been found successful and which is the one commonly used in the case of spirit photographs, where the spirits are visible to clairvoyant sight though invisible to material eyes. This is simply described by saying these spirits make use of some of those astral envelopes or bodies that I have already described to you as forming from cloud masses of semi-material human atoms--astral shells which never served as the covering of any soul, and which are so plastic in their nature that spirits can mold them into their own likeness as a sculptor molds the clay. These replicas can be and are photographed, bearing a greater or less resemblance to the spirit, according as his will power and his knowledge enable him to stamp his likeness upon them, and though they are not strictly speaking the photos of the spirits themselves, yet they are none the less evidence of spirit power and of the existence of the spirit who has made use of them, because each spirit must himself stamp his own identity upon the plastic astral form, while more advanced scientific spirits prepare that form to receive the impression.

"In the case of materialized spirits' photographs, the spirits really make a body from the more material atoms and clothe themselves in it.

"A clairvoyant seeing one of these astral forms about to be photographed would probably not be able to distinguish between

In Our Thoughts

Blackhawk, Jr.	Jonquil
Mary Bowen	Charlotte Kweder
Brother	Jane Marmo
Bubba	Alice Noble
Carrillo Family	Erick Othberg
Dean Cavender	Greta Othberg
Vera Cavender	Earl Pereira
Harry Claveri	Jerome Richards
Bessie Davis	Snowflake
Harry Davis	Carlotta Sosa
Francis M.Gelardi, Jr.	Thomas Sosa
Isa Goodwin	Sunshine
Kathleen Graves	Susie
Michele Graves	Tipette
Scott Graves	Britta Uppstrom
Hattie Houser	Esther Yavneh
Vera Youdavich	

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.

A WANDERER IN THE SPIRIT LANDS

continued from page 32

it and a true spirit man or woman, because the power of distinguishing between them is not yet developed in mediums, neither, as a rule, do they know why a spirit that looks solid enough to them comes out on a photographic plate with a semi-transparent appearance. They see the more spiritualized matter as well as the grosser astral atoms, therefore it appears to them as a solid body with well rounded, well proportioned limbs, not as a transparent shadow of a spirit whose appearance may well give rise to the idea that returning spirits are mere shades, almost, in fact, empty shells--the real reason of the empty appearance being that, as I have said, the photographic appliances at present in use are not capable of transferring the whole spirit's form but only these grosser particles. In the case of a fully materialized spirit being photographed, this transparent appearance does not exist. The form is so perfect, so life-like and solid, that men turn round and say it, therefore, cannot be a spirit photograph at all--it must be nothing but the medium. Blind seekers, who in trying to grasp a subject so vast, so full of the most subtle difficulties, bring to bear upon it only the knowledge suitable for mundane things, and then conclude that they are able to decide finally so momentous, so scientific a question?

"But to return to your question. Having shown you how a photograph may give a spirit whose appearance is like that of the traditional ghost, I will now show you how mortals may also see them as such, but to illustrate my meaning I will first ask you to imagine yourself back in your earthly



Children's Corner



When you are in the little me you don't like to be told that you are in a bad mood. But when you are in the BIG ME and some one criticizes you are at peace so it won't bother you.

Stacey McKenzie, Age 10

Discipline is yousing control. Control over your own mind. Does your foot or hand tell you where or what its going to do, does your eyes tell you what there going to see or not going to see do your ears tell you what there going to hear or not going to here. If they do there in control not you.

Patrice Karlsen, Age 12

When you give something out you are guarenteed to get something back. When you set laws into motion all the time during the day you always get it back like if you said something about someone, you are going to get it right back by someone. Or if you shared something with someone you are guaren-teed to get something shared back to you. So rember whatever happens to you is caused by you.

Lisa Toquinto Age 13

The greatest gift we can give is to give our self We do this by giving up the thought of I.

Michael Field, Age 10

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.

continued from page 34

body with no more powers of spirit sight than you possessed then. Let us liken the material and spiritual sight to two eyes. The one we will call the left, the other the right eye, and let the left stand for the material sight, the right the spiritual. Suppose you stand with your back to the light and hold your forefinger in front of the right eye where it can be seen by that eye only, the left seeing only the wall before you--shut the right eye and the finger is invisible, yet it is there, only not in the line of vision for the left, or material, sight. Now open both eyes at once and look at your finger and you will now see it certainly, but owing to a curious optical illusion it will appear transparent, a mere shadow of a finger, the wall being seen through it, and it may be likened to a ghost of a finger although you know it to be a solid reality.

"Thus you can imagine how a person whose material sight is alone open cannot see that which requires spiritual sight to discern, and how, when both the material and spiritual sight are open at the same moment a spirit may be visible but with the same transparent appearance as your finger had just now. Hence has arisen the popular idea of a ghost. A clairvoyant, looking at any spiritual object with the spiritual sight, does so with the material sight closed through the power of the controlling intelligence who directs that person's mediumship. Therefore to him or to her the spiritual object does present the appearance of a solid reality such as a material finger appears when seen by the material sight alone.

(continued next issue)

Ghost Land

RESEARCHES INTO THE MYSTERIES OF OCCULTISM

Translated & Edited by Emma Hardinge Britten
1897

MAGIC IN ENGLAND--JOHN CAVENDISH DUDLEY
Occultism--The Letter-Shadows of Fate--
The Supermundane Beliefs--Bohemian Wonder
Among the Magicians--The Inner Light--
Curative and Prophetic Powers.

Continued from last issue--

Professor von Marx was, I now know, fondly attached to me, and, I think, pitied my fearful subjection to his will even whilst he enjoyed its triumphant exercise.

This true gentleman was gravely courteous to the female sex, but never seemed to realize the slightest attraction towards them as companions. He understood them, as indeed he understood every one he approached; but though he never conversed with me on the subject, I perceived that he viewed the yielding and intuitive characteristics of the female mind with lofty contempt, and his intense and all-absorbing devotion to the peculiar studies he had adopted made him coldly indifferent to the attractions of female beauty. Eminently handsome in person, and polished though cold in manner, he might have commanded the adoration of even the fairest in any land. Why I alone, of all the human family, ever seemed to move his stoical heart to the least emotion can only be accounted for on the hypothesis that there was something of a reciprocal action in the magnetic processes which had so wonderfully bound me to him, and that in
(continued page 39)

FABLES for young and old

A MAN BIT BY A DOG

A Man was bitten by a Dog, and it left a bad wound on his arm. He asked an old lady what he should do for it and she told him to dip a piece of bread in the wound and then to feed that to the Dog who bit him. She said that would cure it. So the Man did this, and just then Aesop himself walked by and asked him why he was feeding the Dog who bit him. The Man told him that the old lady had said it would cure him.

"All right," said Aesop, "maybe it will, maybe it won't, but don't let any other Dogs see you do it, or we will all be bitten by them just to get an extra meal."

The Point* When someone hurts us it is foolish to encourage others to do the same thing.

EDITOR'S NOTE: In the February-March issue, we noted on page 7 that we were continuing the Question & Answer column on page 38; however, we neglected to do so. We regret this omission. The last sentence should read: "Not until we reach the neutralization within our consciousness where there is no wrong and there is no right, where there is no day and there is no night, not until we reach that neutralization in consciousness will we be free."

continued from page 37

the absorption of his magnetic influence on my part, he involuntarily received in exchange influences from the elemental life which he displaced in my organism. Magnetizers not unfrequently imbibe some of the qualities of disease, or even the psychological tendencies of their patients, and call it sympathy.

When the term of my studies at the English military school ended, I accompanied my beloved friend on a tour through Europe and the East, which occupied us for many months, at the end of which, Professor von Marx informed me that his presence would be required for several months in London, upon business of importance connected with the interests of a certain society with which he was associated. As I had never visited the great British capital, my dear master promised himself much satisfaction from my introduction to a highly esteemed English friend of his, and the opportunity that would be afforded me for observing the progress of occultism amongst its votaries in England.

Dark, blighting, and inauspicious was the day when first Professor von Marx and myself established ourselves in an old-fashioned, time-worn mansion, a portion of which we were to rent during our stay in London. The fire blazed in the grate, and the mellow light of softly gleaming lamps lent a cheering lustre to the scene, however, as we sat, on the first evening of our arrival, in company with two guests to whom we had dispatched letters of introduction, and who had hastened to welcome us, at the earliest possible moment, to the British Metropolis.

One of our visitors, a gentleman of most
(continued page 41)

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adherents of the Christian Church, revel in pictures and anecdotes of lives altogether ideal.

In "Nature's Divine Revelations" you assert that two thousand and forty-eight bishops assembled at the Council of Nice, and that Constantine expelled seventeen hundred and thirty of these, leaving but three hundred and eighteen to compose the Council; is there any history to support this assertion?

"In relation to this statement of Mr. Davis," says G. Smith, "Professor Mahan, in his late work against Spiritualism, on page 22, holds the following language: 'Two thousand and forty-eight bishops never assembled as members of this Council. Nor were seventeen hundred and thirty, nor any other number, forcibly excluded by Constantine. All but three hundred and eighteen, which did sit as members of the Council, were there as mere spectators, on account of the intense interest which was universally felt in the question of doctrine to be acted upon, and this is a well-known fact in history.' But notwithstanding this dogmatic assumption of the Professor, Mr. Davis has asserted nothing more than is supported by history.

(continued next issue)

Our Adversities become our attachments,
it is a subtle law.

Slow steps are sure steps when they are
under the guidance of selflessness.

-- The Wise One

GHOST LAND

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estimable character and high social position, was an old college companion of Professor von Marx, and it appears that in early youth they had been sworn friends, and associates in many of the societies to which the professor belonged. This gentleman, who subsequently enacted a most important part in the drama of my own fateful life, I do not feel at liberty to name, but for the sake of perspicuity I shall beg my readers to recognize his frequent appearances in these pages under the nom de plume of Mr. John Cavendish Dudley. The personage who accompanied Mr. Dudley was, like himself, a distinguished occultist, but his chief object in making us this early visit was to press upon us the hospitalities of his town and country residences; in fact, he was, as he expressed it, burning with impatience to renew his early intimacy with the esteemed friend of his boyhood, Felix von Marx, and he could scarcely be persuaded that the professor was immovable in his resolution to retain a private home for himself and his adopted son, as he called me, during our stay in England, and only to make occasional visits from thence to the houses of friends.

Mr. Dudley and his companion, Sir James M----, were very enthusiastic in their description of the wonderful seances they enjoyed amongst the occultists of Great Britain. They surprised us by citing the names of a great many persons highly distinguished both in the ranks of fashion and literature, who were members of the British branch of an association to which Professor von Marx had been elected an honorary member, and to which they both belonged. They assured us the professor's

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high renown as an adept of the most remarkable power, and mine as the famous somnambulist of the Berlin Brotherhood, had already preceded us, and our arrival was looked forward to with the utmost impatience by the students of occultism in Great Britain.

They expected much of us, too, because they were led to believe the German mind was more than ordinarily capable of analyzing the unseen, and mastering the mysteries of the imponderable. A few hours' conversation with these gentlemen, however, convinced us that in point of varied experience, their magical information was not quite equal to our own, though they had visited Denmark, Sweden, Norway, Iceland, and almost every part of Scandinavia, carefully acquainting themselves with the wild legendary lore of those regions, and taking part in many of their singular ceremonies of spiritual invocation.

In Lapland, Finland, and the northeastern part of Russia, our new acquaintances had beheld so many evidences of inborn occult powers amongst the natives that they had come to a conclusion which the well-informed Spiritualist of modern times will no doubt be ready to endorse, and that is, that certain individuals of the race are so peculiarly and organically endowed, that they live, as it were, on the borders of the invisible world, and from time to time see, hear, act, and think under its influence, as naturally as other individuals do who are only capable of sensing material and external things.

Moreover, our friends had arrived at the opinion that certain localities and climatic influences were favorable or otherwise to the development of these innate occult endowments.

◆ humor is the salvation of the soul ◆

In the good old days a luxury didn't become a necessity just because you wanted it.

--Anna Thompson, National Enquirer

The Living Light Philosophy:
Awareness is dependent upon the education of desire, not its need.

SERENITY EVENTS

DINNER PARTY: APRIL 25, 1981 at 6:30 p.m.

The country of China will be honored at Serenity's April dinner party. All are cordially invited to attend on Saturday, April 25 at the American Legion Log Cabin in San Anselmo. The social hour will begin at 6:30 p.m.

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The monthly bake sale will be held at the Boardwalk in Tiburon. The theme will be Easter.

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